



Have you seen these fukinagashi streamers around? There are many in Furumachi! They are decorations for Tanabata that represent the cloth made by Princess Orihime in the legend.

Niigata English Journal

Edited & Issued by the Niigata City International Exchange Foundation

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Mail magazine: email us at kyokai@nief.or.jp to receive this newsletter every month

Our blog: www.niigataei.wordpress.com

NCIEF Contact Info
•025-225-2727
•kyokai@nief.or.jp

CIR Lectures: France and the USA



Your friendly neighborhood CIRs from France and the USA respectively, will present in Japanese about some aspect of life in their home countries. Ibrahim will present about anime and manga in France and Charlie, yours truly, will present about what summer is like in the US.



Anime and Manga in France

Date: July 30th (Thu)

Time: 6:00~7:00pm

Place: CrossPal Niigata Exchange Hall 2 (5F)

Fee: Free

Capacity: 20 people (first come first served)

Sign-up: from July 8 by phone (025-225-2727)
or email (kyokai@nief.or.jp)

Summer in the USA

When: Aug. 1st (Sat)

Time: 10:30~11:30am

Place: CrossPal Niigata Exchange Hall 1 & 2 (5F)

Fee: Free

Capacity: 30 people (first come first served)

Sign-up: from July 8 by phone (025-225-2727)
or email (kyokai@nief.or.jp)

Multi-lingual Storytime!

This is a perfect opportunity for you to expose your children to other languages and have fun! The books will be read by the CIRs in their native language with the Japanese version alongside. There will also be activities between books to keep the kids engaged.



English and Korean

Date: July 31th (Fri)

Time: 11:00-11:45am

Where: CrossPal Niigata Children's Room (2F)

Contact: Lifelong Learning Center Library (025-224-2120)

Russian and French

Date: August 7th (Fri)

Time: 11:00-11:45am

Where: Hon Port Central Library Beans Room (1F)

Contact: Hon Port Central Library (025-246-7700)

No reservations needed. Just show up! First come, first served

For children 3 and up.

Charlie's Recipe Corner

This drink is a common sight in cafes in the US that I recently had a huge craving for, especially the cream soda version. I thought this drink was out of my reach unless I bought a big expensive bottle of flavored syrup online. Then I remembered shaved ice! Both use flavored syrups so I figured I would give it a try and it worked!



Some syrups made for shaved ice have acidic flavorings that can curdle the cream which may make it look unappetizing but will still taste fine. If you don't like cream or the cream curdles in your syrup, that's fine! Leave it out and it still tastes great. Of course, adjust the ratios to suit your tastes!

Ingredients (1 serving)	
Flavored Syrup	2 TBSP
Carbonated Water	250 ml
Cream (optional)	1 TBSP
Ice	As needed



I had success with this syrup I got at NJM (なんじゃ村)

Method: In a glass, add ice, pour over the syrup, add the cold carbonated water, and top with cream. Enjoy!

主催: (公財)新潟市国際交流協会クロスパルにいがた 2階 〒951-8055 新潟市中央区礎町通 3-2086
Niigata City International Exchange Foundation CrossPal 2F, 3-2086 Ishizuecho-dori, Chuo-ku
TEL: 025-225-2727 E-mail: kyokai@nief.or.jp Website: <http://www.nief.or.jp/>

New Lifestyle while Preventing Heat Exhaustion

The novel coronavirus continues to impact our lives and we are being called upon to lead a “New Lifestyle” that includes physically distancing yourself from others, wearing a mask when you go outside, washing your hands frequently and avoiding the 3 Cs (crowded spaces, cramped spaces, and close contact). If you can, work from home, have meetings and meet-ups online and keep your outing to a minimum. When you do go out this summer, keep the following tips in mind to prevent heat stroke while maintaining our new lifestyle.

1. Avoid the heat by using air conditioning (and being mindful of ventilation!), wearing cool clothing, and not pushing yourself to much while you are hot
2. Take off your mask regularly and rest while staying at least 2 meters from other people and try to avoid laborious work while wearing a mask
3. Keep hydrated by drinking 1 to 2 liters a day, even if you aren't thirsty and don't forget electrolytes when you have sweat a bunch!
4. Keep an eye on your health by checking your temperature regularly and staying home when you feel unwell
5. Get your body used to the heat by doing light exercise, about 30 min everyday while keeping the other tips in mind



My Number Cards Upgrade and ¥5,000 Reward

The individual number system is getting an upgrade. My Number Notification Cards have been discontinued (will no longer be issued) and instead you are encouraged to get a My Number Card instead. The card itself can be used as a form of ID, to help with online administrative procedures (such as the recent Special Cash Payments), and will be able to be used as your insurance card and as charge card. To promote this, and going cashless in general, the government will offer 25% cash back on cashless purchases or adding money to your cashless method of choice (up to ¥5,000 worth of points per person) to be used with the MyNumber app.



For more info about the card (in English): <https://www.kojinbango-card.go.jp/en-kojinbango/>

For more info about the promotion (in Japanese): <https://mynumbercard.point.soumu.go.jp/>

Coronavirus Related Support

Housing Security Benefit

If you have lost income in the last 2 years and are at risk of losing your housing, your local government may be able to help. As a measure for supporting those who are finding it difficult to pay the rent for their current housing due to income decrease resulting from business shutdown, etc., we pay rent to their landlords, through local municipalities, for three (or up to nine) months.

For more info (in English):

<https://www.mhlw.go.jp/content/000630855.pdf>

For a list of governments (in Japanese):

<https://www.mhlw.go.jp/content/000614516.pdf>

Visas for Unemployed Foreigners

If you are a foreign resident who has lost your job due to the novel coronavirus, you may be eligible to get a “Designated Activities” visa which will allow you to stay in Japan for up to one more year to work. If you lost your job offer, if you were told to quit your job, and are no longer able to work or do your research, contact your local immigration center.

For more information (in English):

<http://www.moj.go.jp/content/001320236.pdf>

Niigata Immigration Center

TEL: 025-275-4735

Address: Niigata Airport

Coronavirus-Related Emergency Loans

Help is being offered to people who are having difficulty maintaining their household due to a decrease in income related the novel coronavirus (COVID-19). This special loan program is based on national guidelines.

Please contact your local social welfare council for consultations and to apply. Remember that these are loans and therefore must be repaid within the loan term.

① Emergency Small Amount Fund

Who: Temporarily in need of help with living expenses due to furlough/decreased income

Amount: ¥100,000 (Business owners may receive ¥200,000)

② General Support Fund

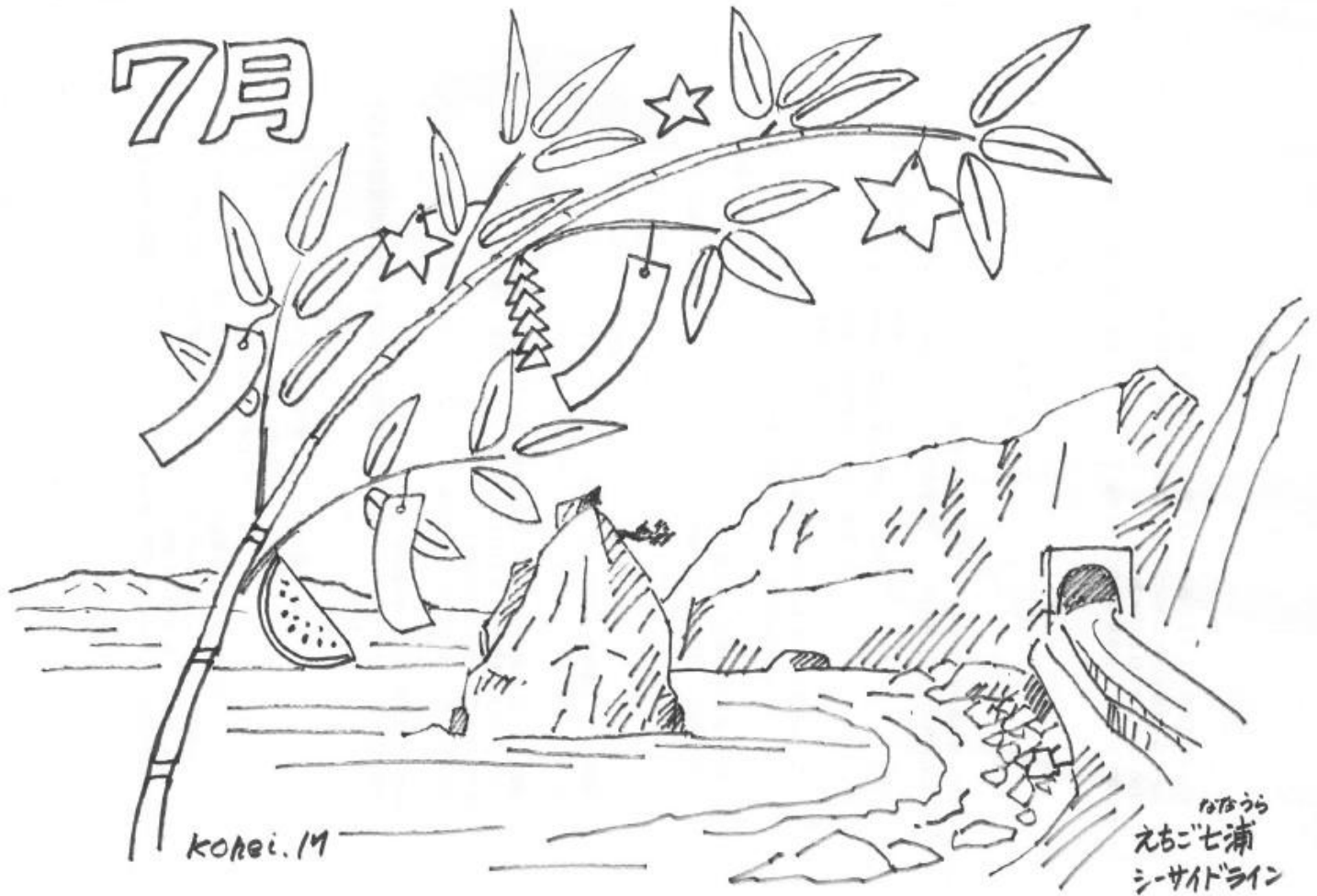
Who: In need of help with living expenses while job hunting due to business closure or loss of job

Amount: Single-person household: ¥150,000/month Multi-person household: ¥200,000/month

Contact: Niigata City Chuo Ward Social Welfare Council TEL: 025-210-8720 FAX: 025-210-8722

For more info (in English):

<http://niigatachuuouku-syakyu.jp/chuuou/wp-content/uploads/2020/05/67501fff1dc5b1bc7a5a1341aff7844b.pdf>



Notices

International Friendship Center Exchange Salon Exhibition: Culture City of East Asia

Through this exhibition, the Culture City of East Asia exchange events with Qingdao, China and Cheongju, South Korea will be showcased.

Date: June 16th (Tue) – July 31st (Fri) 9:00–17:00

Closed: Sun., Holidays, and the 4th Mon. each month

Place: Niigata International Friendship Center (CrossPal 2F)

For more info: 025-225-2727 (NIEF)

Free Legal Consultations on LINE

The Niigata Bar Association will offer consultations using the LINE app. Add their account (@698tazod) and, on July 13th, 14th, and 15th from 14:00–19:30, start a conversation with something like “おねがいます” to start the consultation. (Language support not guaranteed). As usual, you may also call (025-222-5533) for consultations between 9:00–17:00 weekdays.

Multilingual Emergency Updates

NHK WORLD-JAPAN provides essential up-to-date info on their website in nearly 20 different languages during emergency situations like natural disasters or the spread of the coronavirus.

URL <https://www.nhk.or.jp/nhkworld-blog/>

NIEF Free Legal Consultation for Foreign Residents

The next event will be held on August 28th (Fri) 13:00–17:00 at CrossPal Niigata. For more info or to sign-up call 025-225-2727 or email us at kyokai@nief.or.jp

The head of the NIEF, Mr. Mashima, drew this picture for you to color! Take in the scenery of Echigo Nanaura seaside line in Nishikan Ward and the bamboo decorations for Tanabata.

Foreign Resident Consultation Center of Niigata

They provide various free consultations for foreign residents. See below for information about upcoming events.

Reservations: Please make a reservation by phone call or email in advance.

Place: Foreign Resident Consultation Center of Niigata (2nd floor of Toki Messe)

TEL: 025-241-1881

Email nia10@niigata-ia.or.jp

◆ Immigration Procedures Consultation

The Immigration Bureau holds a temporary information and consultation once a month. Come and ask questions related to immigration and residency status.

Date: July 14th (Tue) 13:00–17:00

Languages: Japanese, Thai, Vietnam, Chinese

◆ Gyoseishoshi Association of Niigata Consultation

Niigata Prefectural Gyosei Shoshi (Administrative Clerk) main office provides a free consultation once a month.

Date: July 22nd (Wed) 10:00–17:00

Languages: Japanese, Chinese

◆ Free Legal Consultation for Foreign Residents

There will be an opportunity to visit with a lawyer and receive free consultation regarding legal matters.

Date: July 16th (Thu) 13:00–17:00

Languages: Japanese, English, Spanish, Portuguese, Mandarin Chinese

Length of Consultation: 40 minutes per person



Classes

Japanese Courses offered by the Niigata City International Exchange Foundation

Beginner through Intermediate 2	-Classes of varying difficulties are available at different times throughout the week. -Pricing info & the Spring Session Schedule are available in the "Support for Foreign Nationals" section of the NCIEF website: https://www.nief.or.jp/	Ms. Kiyoko Tanaka Tel: (025) 225-2727
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Japanese Study Support Group for Children & Students: Niko Pal Club (Free of charge)

Day of the week & Hours	Room No.	Content	For more info.
Every Sat 10:00 – 14:30 (but July 18 th & 25 th)	202	This Japanese study circle offers support to children in the international community who are struggling with Japanese and other school studies.	Ms. Kiyoko Tanaka Tel: (025) 225-2727
Every Wed 9:30 – 11:30	202	To help students get the Japanese language skills needed to go to school in Japan.	

Himawari / Kotonoha at Hayadori Community Center (37-1 Hayadori, Kita Ward)

Every Wed & Sat	15:00 – 18:00	Japanese Study Support for children Copy Fee	Ms. Kawasaki Tel: (090) 2756-0967
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Japanese Classes by Volunteer Groups at CrossPal Niigata

Day of the week	Hours	Room No.	Level	Fee	Organizations & Info
Every Wed (but July 29 th)	13:00 - 14:30	201 or 202	Beginners	¥500/ month	Niigata Nihongo Kaiwa Kyoshitsu
Every Thu (but July 23 rd)	13:00 - 14:30	201 or 202	Beginners		
Every Fri	13:00 - 14:30	201, 202 or 306	Beginners & Advanced Beginners	Cost of materials	Niigata Nihongo Gakushu Kai
Every Sat	10:30 - 12:00	201 or 306	Advanced Beginners	¥500/ month	Waon
First & Third Sat (No classes in July)	40:30 – 12:00	309	Newspaper Class (Intermediate)	Cost of materials	Yaponika
Every Sun	15:00 - 16:30	201	Introduction - Beginners	Cost of textbook	Niigata Nihongo Volunteer

Nihongo Kyoshitsu Waon II at Higashi Ward Plaza (1-4-1 Shimokido, Higashi Ward)

First & Third Tue of the month: July 7 th & 21 st	10:00–14:00	Beginners– Fee: ¥300/ time	Ms. Takenaka Tel: (025) 277-3621
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Nihongo for Foreign Residents at Ekinan Community Center (4-12-20 Yoneyama, Chuo Ward)

Every Sun	10:00 – 12:00	Beginners – Advanced Fee: ¥2,000/month	Ms. Nagai Tel: (090) 2849-8425
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Konnichiwa! Nihongo at Kobari Elementary School Volunteer Room (2-36-1 Kobari, Nishi Ward)

Every Thu	10:00 – 11:30	Beginners – Advanced Fee: ¥300/month	Ms. Wakatsuki Tel: (080)8431-0310
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Taiken Nihongo Kyoshitsu at Nishi Chiku Kominkan (603 Uchino, Nishi Ward)

Every Tue (No classes in July)	40:00 – 12:00	Beginners–Advanced One term ¥3,500 + Textbook & Copy Fee	Nishi Chiku Kominkan Tel: (025) 261-0031
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Iroha Nihongo Kyoshitsu at Kuzutsuka Community Center (1-1-18 Toei-cho, Kita Ward)

Every Sat	10:00 – 12:00	Beginners – Advanced Fee: ¥1,000/month	Mr. Hasegawa Tel: (080) 4058-6640
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Akiha Nihongo Kyoshitsu at Niitsuchiku Kominkan (2-5-6 Niitsu Higashi-cho, Akiha Ward)

Every Thu (but July 23 rd)	13:00 – 15:00	Beginners – Advanced Fee: ¥1,000/month	Mr. Hasegawa Tel: (080) 4058-6640
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Shirone Nihongo Volunteer at Shironechiiki Seikatsu Center (1136-1 Shirone, Minami Ward)

Every Sun	19:00 – 21:00	Beginners – Intermediate Fee: ¥200 / time	Mr. Hasegawa kocobo.niigata.shirone@gmail.com
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Cultural Classes

International Cooking Class	There are no classes in July For more info call: 0250-24-6859 Ms. Ueno		
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Consultation Services

Niigata Help Association TEL: 025-228-2212	Every Day: 10:00 – 23:00 Spanish, English, Korean, Chinese, Filipino, Thai, etc.
Niigata International Association TEL: 025-241-1881 Email: nia21c@niigata-ia.or.jp URL: http://www.niigata-ia.or.jp/	English: Mon & Thu 10:00–14:00 Thai: Tue 10:00–14:00 Chinese: Wed 10:00–14:00 Filipino: Mon 10:00–14:00 etc.
Helpline for Foreigners TEL: 0120-279-338	Call the toll-free number and press 2 after the Japanese guidance
Niigata Medical Care Information Network URL: http://qq.niigata-iyaku.jp/	English, Chinese, Korean
Hello Work, Foreigner Advisory Service TEL: 025-280-8609 Niigata Misaki Godo Chosha #2 (1-2-1 Misaki-cho, Chuo Ward, Niigata City)	1 st – 4 th Wed 13:00 – 16:00 English & Chinese



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3-2086 Ishizuecho-dori, Chuo Ward, Niigata City 951-8055
Tel: (025) 225-2727 Fax: (025) 225-2733
<https://www.nief.or.jp/> E-mail: kyokai@nief.or.jp
(Written and edited by Charlene Woolson & Ayako Homma)

CrossPal will be closed on July 27th